



Admiral Roughead Visits Abraham Lincoln



Photo By MC3(SW/AW) Patrick Bonafede

Adm. Gary Roughead crosses the quarterdeck on board USS Abraham Lincoln.

By MC2 (SW) MICHAEL COOK
Penny Press staff

Adm. Gary Roughead, commander, U.S. Pacific Fleet, visited USS Abraham Lincoln (CVN 72) March 7 and spoke to the crew about the Navy's Deployability and Employability policies during an all-hands call aboard the aircraft carrier.

"It's important to understand the Deployability and Employability policy," he said. "We're committed to having ships in their homeport at least 50 percent of the time in an employment

cycle. Homeport Tempo is something that we're paying very close attention to."

Homeport Tempo is the percentage of time a unit is in homeport from the end of one maintenance phase to the end of the next maintenance phase.

Lincoln's Commanding Officer, Capt. C.A. McCawley, welcomed the admiral and his guests as they made their way into the ship's Hangar Bay Two for a re-enlistment ceremony prior to the all-hands call.

Roughead, who was accompanied by Rear Adm. William D. French, commander, Naval Region Northwest, read the Oath of Enlistment to Senior Chief Aviation Ordnanceman (AW/SW) Michael Gilbert from Lincoln's Weapons Department and Machinist Mate 1st Class (SW/AW) Curtiss Carter from Reactor Department.

"What an honor and privilege it is to be on this great ship for a re-enlistment," Roughead said before the crew of nearly 3,000 Sailors.

Roughead, who commands U.S. naval forces in an area of more than 100-million square miles, addressed the ship's crew and commended the Sailors' hard work through a recent deployment and the ship's current overhaul period.

"Abraham Lincoln projects a positive image of the United States and the U.S. Navy," he said. "This crew and this ship are making a difference in the Pacific Fleet and throughout the world. The work this ship did a few years ago during the tsunami is not forgotten.

What you did is such a powerful thing and the image of this

Turn to ADM, Page 2

Abe's Weapons Department Receives Black "W" Award

By MCSN KATHLEEN CORONA
Penny Press staff

Sailors from the weapons department on USS Abraham Lincoln (CVN 72) were commended by Commander, Naval Air Forces for their excellence last week when they received the annual Black "W" award for the ship for the third year.

Abe's weapons department is responsible for safely storing, handling and maintaining all explosives and ordnance used by

the ship and the aircraft embarked on the ship, said Aviation Ordnanceman 1st Class (AW/SW) Barry Gipson, the leading petty officer of Lincoln's weapons department.

According to Gipson, the Black "W" is a competition for weapons departments in the fleet in the areas of mission readiness and operational achievements.

Each ship is inspected by teams from Commander, Naval Air Forces in areas such as magazine readiness, ordnance assembly

Turn to W, Page 3



Local News

Lincoln Goes Above and Beyond

By MCSN MICHAEL McNABB
Penny Press staff

USS Abraham Lincoln (CVN-72) received 10 of the 13 possible Command Excellence Awards. These awards recognize departments that were among the most battle ready and proficient in the fleet in 2006.

Lincoln received awards for its Air Department (Yellow E), Aircraft Intermediate Maintenance Department (Black E), Combat Systems (Green CS), Damage Control (Red DC), Deck (White Crossed Anchors w/Black D, Medical (Blue M), Navigation (White Ship's Wheel), Operations (Green E), Supply (Blue E) and Weapons (Black W).

"It's very important to the departments to earn these awards," said HM1(SW/AW) Russell Cole, Medical Department Leading Petty Officer, "It shows that we are one of the best Medical departments in the Navy."

An award that every sailor on board can feel proud of is the

Red DC, According to DCCS(SW/AW) Chad Lukehart. He said that the Damage Control division is awarded the award, in reality the whole ship must come together to keep up with quals and perform 100% on drills.

"It really takes everyone on board to win this award," Lukehart said. "Lincoln has been awarded the Red DC the past three years and is setting the standard by grading higher than all other carriers."

"Not everyone is privileged to win," said BMC(SW/AW) Johnny Ford, whose Deck department won the white crossed anchors for its superior performance in evolutions, such as anchoring and man overboard drills.

"It shows that your training and leadership are top of the line," Ford said. "The mighty, fine professionals of deck 1st, 2nd and 3rd division came forward to make this happen."

The Lincoln is allowed to paint the award symbols on the ship's bridge wings so that anyone who looks at the bridge can see where the Lincoln has excelled.

ADM

Continued from page 1

ship is in the minds of people all over the world."

As one of the first aircraft carriers to "surge" deploy, in October 2004, Lincoln was diverted to Southeast Asia following a devastating tsunami late December that year to deliver supplies and aid, potentially saving thousands of lives during Operation Unified Assistance.

Previously, Lincoln was known for its marathon 10-month deployment ending in May 2003 in support of Operations

Enduring Freedom, Southern Watch and Iraqi Freedom.

Its most recent deployment, completed in August 2006, was in the Western Pacific where Lincoln participated in Valiant Shield and numerous exercises with foreign navies including Rim of the Pacific 2006.

Roughead took questions from the crew on topics ranging from the 1,000-ship navy, to individual augmentees, to implementation of the Navy's new uniforms.

Before departing the ship, Roughead

thanked Lincoln's crew for its dedication.

"I know the maintenance period can be a hard time for the crew," he said, "and I thank you for your great service. I thank you for what you've done, and what I know you'll continue to do."

Lincoln is currently moored at Naval Base Kitsap, Bremerton, Wash. while completing a dry-dock planned incremental availability. The Everett, Wash.-based ship is preparing to deploy later this year.



Had a drink? Get a ride!
Call (425)530-1934 for Abe's Smart Ride.
A phone call now can save you a
headache later.



March 8, 1857

Women working in clothing and textile factories (called 'garment workers') in New York City, in the United States, staged a protest. They were fighting against inhumane working conditions and low wages. The police attacked the protestors and dispersed them. Two years later, again in March, these women formed their first labour union to try and protect themselves and gain some basic rights in the workplace.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....Capt. C.A. McCawley
Executive Officer.....Capt. T. E. Nosenzo
Public Affairs Officer.....Lt. Cmdr. John Filostrat
Media Dept. LCPO.....MCCS(SW/AW) Jon Annis
Editor.....MC1(SW/AW) Roderick Jessie
Layout/Design.....MCSN Timothy Roache
Staff.....MC1(AW/SW) Patrick Sullivan
MC2(SW) Michael Cook
MC2(AW) M. Jeremie Yoder
MC3(AW/SW) Patrick M. Bonafede
MCSN James Evans
MCSN Dennis Irwin
MCSN Kathleen Corona

Community News

FORCM Encourages Sailors to Make Safety Top Priority

By FORCM (EOD/SW) ANTHONY L. SANTINO
Navy Expeditionary Combat Command

Each week, the Naval Safety Center publishes their "Friday Funnies," an assortment of safety mishaps that occurred throughout the Navy, both on and off duty. These are written tongue-in-cheek, and it makes for some humorous reading.

The fact of the matter is that the "funnies" aren't really funny at all. They are examples of Sailors being careless or not doing the right things when it comes to safety.

Sailors work in environments that are inherently dangerous, some more than others. We're on flight lines and piers, aboard ships and submarines, and actively in harm's way in combat zones all over the world. Accidents can happen anywhere, though, even in the most benign workplaces.

Each of us should think safety at all times. "Keep your head on a swivel" as the saying goes and be aware of your surroundings. Follow procedures when conducting evolutions or operating equipment. Procedures and directions are written a certain way for a

reason. Use Operational Risk Management – it's a great tool.

Safety awareness doesn't stop once you knock off work for the day. The same good safety practices we employ at work, we must employ off duty as well. In 2006, there were three times as more non-operational mishaps as there were operational. Most of those mishaps involved a motor vehicle. Take an extra minute or two to think through the scenario and check your surroundings, whether it's getting in your car for a long road trip, the leisurely Saturday ride on your motorcycle, playing sports or working around the house. It's tragic to think about those shipmates who work so hard on the job only to get hurt off duty. Don't be one of those statistics.

Leaders, you have the responsibility in providing a safe environment for your Sailors. That responsibility includes making sure your Sailors have the right safety equipment to do the job, making sure they follow the right procedures and providing the right level of supervision. Far too many accidents are the result of taking shortcuts on procedures and lack of supervision. Leaders, you owe it to your Sailors to ensure



they're "doing it right."

But, that's not to say that leaders are the only ones responsible for safety. Shipmates, we ALL have an obligation to keep it safe. If you see something that doesn't look quite right, or someone not doing the right thing, speak up! Say something to that Sailor or report it to a supervisor. Don't turn a blind eye where safety is concerned.

W

Continued from page 1

and flight deck readiness.

"The score from those inspections is a part of the ship's overall Battle 'E' score," said LCDR Mical Bindschattel, Lincoln's ordnance handling officer, "We did our part to try to win the Lincoln the Battle 'E'."

According to Gipson, there are two different classes of the Black "W" award. The ship with the highest overall score in its inspections wins the fleet-wide Black "W" award.

Any other ship that scores within a certain range in the inspections will receive the Black "W" recognition for that ship.

Gipson said, even though Abe's weapons department didn't win the fleet's Black "W" award, everyone in weapons department is still very proud to have received a score high enough to gain the recognition.

Constant leadership in Abe's weapons department is what brought the Black "W" back to the Lincoln for the third straight year, he said.

"We have great leadership," he said. "It makes sure all our programs are running effectively. Trust is also a big reason why we're so good at our job."

"Everyone in Weapons (department) is committed to excellence," said Aviation Ordnanceman 1st Class (AW) Phillip Durio.

"That's why we got the Black "W" again," he added.

The professionalism of the Sailors in Abe's weapons department, as well as the condition of their spaces and their superior equipment is what keeps Abe's weapons department one of the best in the Navy.



Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo By MC2 (AW) Jeremie Yoder

Adm. Gary Roughead, commander, U.S. Pacific Fleet, reads the Oath of Enlistment to Senior Chief Aviation Ordnanceman (AW/SW) Michael Gilbert and Machinist Mate 1st Class (SW/AW) Curtiss Carter in Abe's Hangar Bay Two Wednesday afternoon.

**USS ABRAHAM LINCOLN
SOCCER TEAM TRY-OUTS
12TH AND 13TH OF MARCH 2007
7-9 p.m. BOTH NIGHTS**

**KASCH MEMORIAL PARK, FIELD #2, 8811 AIRPORT RD
EVERETT, WA 98024**

ANY QUESTIONS PLEASE EMAIL OR CALL ATCS CHESNUTT AT J-6333 OR PCS 2534.



DIRECTIONS: FROM NS EVERETT GO SOUTH ON MARINE VIEW DRIVE, TURN LEFT ONTO PACIFIC AVE. GO TO I-5 AND MERGE SOUTHBOUND (TO SEATTLE) GO 3.6 MILES, THEN EXIT 189 TOWARD MUKILTEO/WHIDBEY IS. FOR 3.2 MILES, THEN EXIT TOWARD PAINE FIELD, TURN LEFT ONTO AIRPORT ROAD FOR 0.2 MILES, THEN LEFT ONTO KASH PARK ROAD, FOLLOW TO THE END AND VEER RIGHT. FIELD 2 IS IN THE MIDDLE OF THE SOCCER PITCHES.

Editor's Top 10

It's baseball season again, here's what you won't see change this season...

10. The Yankees pay roll.
9. Mariner's losing streak.
8. Bonds (enough said).
7. Boston finishing behind New York.
6. Eight dollar beers at every ball park in America.
5. Puljos admitting that Howard is better.
4. Griffey Jr. staying healthy.
3. Kansas City making the post-season (wait, if Detroit can do it...).
2. World Series team finishing with lower numbers than Philadelphia.
1. Cubs not winning the World Series.